



Aerobic Winter Challenge

1 month down, 3 more to go!

So far, So good! The Aerobic Winter Challenge is off to a great start! 91% of AWC participants completed their monthly goals in November! This is awesome. Please remember to record your results and turn in monthly reports on time. Late reports will not be included in the monthly prize drawing.

Future Events

Aerobic Winter Challenge staff strives to provide fun events in our communities for AWC participants. Please join us this Friday, December 7th at 5:30pm for the 5th Annual Jingle Bell Walk at Wheeler Park. With plans still underway, AWC will host the Holiday Melt Down at the Flagstaff Aquaplex in January and Heart Health Awareness Walk in February. Grand Canyon & Page area, end of challenge events will be held in your respective areas. More details coming soon!



Team Cool, dedicated People from the Coconino County Public Health Services District completed their November team activity at the Flagstaff Mall. Shh...don't tell Santa they used his chair for this picture!

Native American Heritage Month & AWC Kick Off Event

On Saturday, November 3rd, over 120 participants walked the 2-mile loop at Buffalo Park! Coconino County Human Resources donated water, apples, bananas, oranges, and granola bars! Thank you! Everyone had a great time and we are excited to see what's in store for the rest of the Challenge!



See page 3 for more pictures!



Slow Cooker Steel Cut Oats with Apple & Cranberries

INGREDIENTS

- *cooking spray
- *1 cup Bob's Red Mill Steel Cut Oats (*do not substitute quick-cooking oats)
- *1 large Granny Smith apple, cored, and diced
- *1/2 cup fresh cranberries
- *3 Tbs. pure maple syrup
- *1 Tbs. pure vanilla extract
- *1 tsp. ground cinnamon
- *1/2 tsp. ground cardamom (optional)
- *2 pinches of kosher salt
- *4 and 1/2 cups unsweetened almond milk, plus more for serving

Toppings:

- *chopped or julienned apple
- *almond slices/chopped almonds
- *dried cranberries
- *turbinado sugar/maple syrup
- *ground cinnamon

DIRECTIONS

1. Spray a 2-quart slow cooker insert lightly with cooking spray.
2. Combine the steel cut oats, diced apple, cranberries, maple syrup, vanilla extract, cinnamon, cardamom, salt, and almond milk. Stir to mix thoroughly. Cover and cook on low heat for 6 hours (for firmer oats) to 8 hours (softer oats with the slightest chew), stirring once or twice if possible
3. Serve hot and garnish with toppings.



PASTA WITH WALNUT-SAGE PESTO AND ROASTED DELICATA SQUASH

INGREDIENTS

Roasted Delicata Squash:

- *2 medium delicata squash
- *2 Tbs. extra virgin olive oil
- *sea salt

Walnut-Sage Pesto Pasta:

- *1 packed cup of flat-leaf parsley leaves
- *3/4 cup raw or toasted walnut halves (if you're not using roasted walnut oil, I recommend toasting the walnuts!)
- *2 – 3 medium garlic cloves
- *6-7 large, fresh sage leaves
- *1/2 cup roasted walnut oil
- *sea salt
- *freshly ground black pepper
- *fresh sage leaves, for frying
- *roughly 1/4 cup extra virgin olive oil
- *1 lb dried whole wheat penne
- *1/2 cup finely grated Parmigiano-Reggiano cheese, plus more for garnishing

DIRECTIONS

1. Preheat the oven to 425 degrees Fahrenheit. Line a sheet pan with aluminum foil or parchment paper. Set aside.
2. Bring a large pot of salted water to a boil for the pasta. Cook pasta until al dente.

Reserve 1 cup of pasta water. Transfer the pasta back to the same pot, drizzle lightly with olive oil, and toss. Add the walnut-sage pesto and grated parmigiano-reggiano cheese, and toss until the pasta is evenly coated in the sauce, adding some of the reserved pasta water as needed

3. Trim the ends of the delicate squash and slice them in half lengthwise. Discard seeds. Cut each half into 1/2-inch half-moon slices and place on the sheet pan.

Drizzle with olive oil, salt, and pepper, and spread them out evenly on the sheet pan so they are not touching.

4. Roast & flip the squash halfway through, until they are tender and caramelized.

As the squash is roasting, prepare the walnut-sage pesto. 5. Combine the parsley leaves, walnuts, garlic cloves, and fresh sage leaves in the bowl of a large food processor, fitted with a blade attachment, and pulse until coarsely chopped. Add the roasted walnut oil and process until mostly smooth. Season to taste with salt and pepper, and transfer to a bowl.

6. Line a small plate with paper towels. In a small non-stick pan, heat a thin layer of extra virgin olive oil over medium-high heat until hot. Fry the sage leaves, in batches, in the oil until crisp. Transfer with a slotted spoon to the plate and seasoned lightly with salt. Set aside.

7. Serve the pasta topped with roasted Delicata squash pieces, and garnish each serving with fried sage leaves and grated parmigiano-reggiano cheese.

More event photos! Thank you Tamera & Vincent from NAIPTA for sharing these photos!



Do you have team photos or success stories to share? Great! Send them to Tiffany and they may be featured in the next newsletter!



Team Activity Ideas

Is your team having a hard time finding the perfect team activity? Not sure where to look? Aerobic Winter Challenge is here to help! If you are in the Flagstaff or surrounding areas, here are some cost-effective ideas:

- ⇒ **Flagstaff Urban Trail System** - There are over 56 miles of trails in Flagstaff; 1/2 are paved and the other 1/2 are hard-packed dirt and terrain. Enjoy a nice walk, run, or bike! Cost = FREE
- ⇒ **Meet Me Downtown** - Wednesday's at 5:15pm, folks enjoy a walk/run in Downtown Flagstaff. Enjoy restaurant discounts and prizes! Cost = FREE
- ⇒ **Bushmaster Park Outdoor Fitness** - In 2016, the City of Flagstaff announced the grand opening of their Outdoor Fitness area. This fitness area is for those 14+ and is ADA compliant. Cost = FREE

If you have any cost-effective ideas or events in your area, please let us know. Contact Tiffany at 928-679-7268.

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